

# A.A.M.M. NEWS.

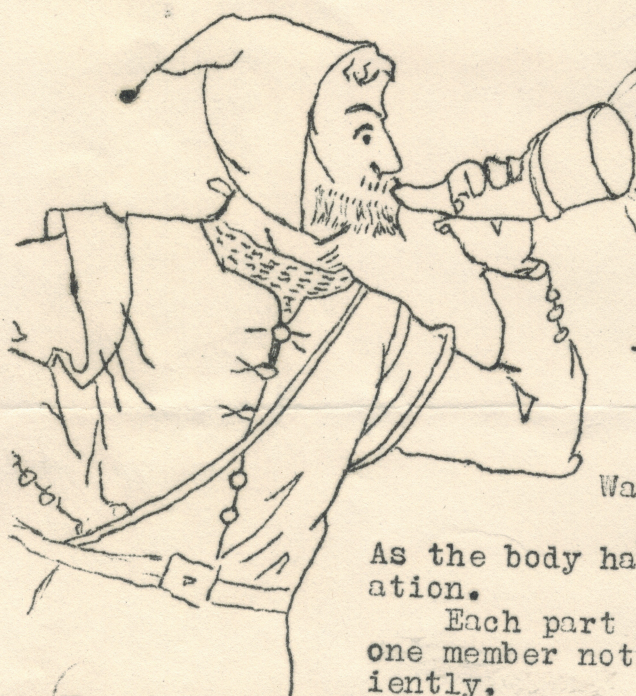
WASHINGTON CHAPTER  
AMERICAN ASSOCIATION OF MASSEURS & MASSUSES

ARTHUR MANN -- EDITOR

June 1954

MILTON A NIEDFELT -- ASSISTANT

805 E. Denny ----- Seattle Washington CA 8655



Calling all Masseurs!  
Calling all Massuses!  
Calling All A.A.M.M. Members!  
To our Convention!

Vancouver Washington June 5 & 6.

---AND---

Our National Convention  
Davenport Iowa August 5-6-7-8--1954!

## Our MONTHLY MESSAGE

By

MR. ARTHUR MANN

Washington State President

### DOING OUR PART

As the body has many members so does every organization.

Each part of the body is important to the other, one member not being able to function alone efficiently.

You can remove a number of the organs of our body and it will still function although not as perfect as before.

Part of the work will be thrown on other organs, part will be done, but much more slowly, causing the body to retain poison etc.

There is no such thing as a one man organization. If it were not for the help of the other officers and also the members, there would be no organization. Each job no matter how small is important.

If you have ideas, for improving our A.A.M.M. or constructive criticism, please speak up in our meetings, so that we may consider and make use of your ideas.

This is your organization and every member is urged not only to come to the meetings, but to be a part of them. Not only to listen, but to make suggestions, discuss and vote with us.

As each one does take part, you will find the interest growing, the organization becoming more progressive and each one will derive some constructive ideas from the others.

See pg 44



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We have elected several new officers for the coming year, so let us give them our full support and help in any way possible.

We can show our appreciation for their acceptance of office by being active in our A.A.M.M. work.

So please don't just drop out if you are dissatisfied with our organization. Help us to make it better.

By Arthur Mann, State President.

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By John Murray, Now President  
Seattle Local

I wish to thank the members of the Seattle Chapter for their confidence in me, in electing me to the local presidency for the coming year. I shall do my part to sustain that confidence.

I have several things in mind that I hope we can accomplish this coming year. First--To have a membership drive, to get every qualified masseur & Massuse into our organization and a few members who have dropped out for various reasons to become reinstated.

Second, To work toward a uniform standard massage treatment, not only for athletic clubs etc, but among our general practitioners.

I find that in visiting different Masseurs and Massuses, we have as many types of treatment as we have technicians, and hardly any of them really related to massage. The word Massage is used to name their practice, but under that title we, may find, zone therapy, mechanotherapy, some forms of electrical therapy, chiropractic therapy, reflex therapy and many others, with very little massage or none at all.

Maybe these technicians know how to administer a good scientific massage, but that is work, and most of us are inclined to take the easy way out, and sell the public on an easier way, figuring there is one burn every minute.

What I am saying has been brought to my attention every day in my work with club members from all over United States and Alasks. They tell me that they have tried to get massage from general practitioners, but find only about one in ten who will give a good massage. One cracks all your joints, another gives you a free lecture on how good he is, another diagnosis your ailments by feeling your feet or looking at the color of your eyes, etc. These are some of our various reasons why we have difficulty in getting good legislation.

I had a personal experience that will verify what the public have told me, when I first arrived in Washington I developed acute bursitis, I went to a masseur, who called himself Doctor, and told him my trouble and asked for massage. He said, "You don't have bursitis you have pleurisy" so proceeded with his treatment, I decided to see what happens, I had not told him my profession, so he put diatheramy on my chest. through and through method. One pad on my chest and one pad on my back and left me, while he, cracked another patients joints. So I eased over on the pads and got them through my aching shoulder, after twenty five minutes he came back, took off the pads, cracked my neck, put an Ozonator on my chest a few minutes more charged me four dollars and said "Come back Tuesday", Tuesday never arrived.

I found a massuse who is a member of our Association, who knew how to massage and wasn't afraid to work, who got me on the road to recovery in short order.

In conclusion I would like to increase our membership. Standardize treatments, especially massage, all the other therapys may be used at the discretion of the technicians but if you advertise scientific massage, be sure that you do just that, or else call yourself



what you are, and last but not least work into legislation that will grade each one as to their qualifications.  
By John E. Murray, Pres, Seattle Chapter.

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### Flouridation of Water

By

Dr; Herbert M. Shelton

Flouridation of the water, which amounts to wholesale indiscriminate drugging of the whole people without the examination to determine any supposed need for such drugging, should be condemned on this grounds alone. But, as you must know by this time, the substance used is also a rat-poison with which to kill rats. It is cumulated, hence the repeated drinking of flouridated water results in cumulative poisoning. There is absolutely no evidence that it has the slightest effect in preserving the teeth and there is some evidence that it injures the teeth. For more detailed information, I suggest that you write to the Citizens Medical Reference Bureau, 1860 Broadway, Suite 1215, New York, New York.

Dr. Shelton's Health School--- P.O. Bx 1277  
San Antonio 6 Texas.

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### House Bill 2341

U.S. House of Representatives

According to Dr. Oliver, of the National Nutritional League of Seattle, Dr. F.B. Exner, Radiologist, is making a trip to Washington D.C., at his own expense, to appear before the House Committee on Interstate & Foreign Commerce. His purpose is to support H.B. 2341 a bill to OUTLAW flouridation of Water throughout the entire U.S. He will leave Seattle Friday May 21st--- The bill will be considered before the House Committee on May 25-26-27th...1954

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### INFORMATION FROM CANADA

According to Mr. Joe Gates, one of our Canadian members; Members in Canada would like to be members of our A.A.M.M., but it is impossible to have a Canadian Chapter because they have their own Organization up there, and they pay very high dues already, and they believe that our National Convention should allow them to be members for \$5.00 as they are already paying into the compulsory Canadian organization.

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Spokane Washington  
May 18, 1954

T-H-I-R-D C-O-N-V-E-N-T-I-O-N C-A-L-L

All roads lead to Vancouver, Washington,  
for our State Contention of the A.A.M.M.,  
Saturday and Sunday, June 5 & 6, 1954.

Come and help make this the best Convention  
yet! Banquet and entertainment Saturday  
evening, \$2.50 per plate.

Make your hotel reservations at once.

F.E. Bloom, Secy-treas.

Editorw Note: According to Mr. Mann, there is still some time available at the convention for members and friends that have skits, or demonstrations, or other entertainment, who are willing to use their skill in entertaining. See Pg 46



72 44

By Evelyn Shubert  
502 West 6th St

Dear A.A.M.M. Member; Waterloo Iowa..

As you know the time is drawing near for our 1954 convention. We are ready to accept your ad for our souvenir program. We would like to have this as soon as possible, as our deadline is June 1st. for the press.

If you have a chapter in your state you could go together and take a full page ad for \$30.00 or a half page ad for \$15.00 or you may list your business card for \$2.00. If your card is sent alone it will no doubt appear on a page with technicians from different states.

Please do not forget to contact your supply houses where you buy your supplies, and try to get them to place an ad in our souvenir program. Also we are asking supply houses to set up displays so we may all be brought up to date on the newest therapy equipment.

We are trying to make this the biggest and best convention yet, but can only succeed with 100% Co-operation. Please don't fail us.

Enclosed you will find a card that will enable us to know how many to plan for. Please have this in the mail by July 1st. Remember the dates August 5,6,7,8. Blackhawk Hotel, Davenport, Iowa. Come make new acquaintances, learn new techniques. Help make this convention a huge success.

BECAUSE YOU WERE THERE

By Jess Williams  
26 E 3rd Ave  
Kennewick Washington

Dear Milton;

I will try to get you out something about using a flash in a parade, as an advertising stunt. I really think it would be very good.

Heres the way we did it. Very simple. On the top of our car we put big placards with streamers and nice decorations of course, on each side so the people from each side could see we had these words. KEEP HEALTHY THE PLEASANT WAY. MAKE MASSAGE A REGULAR HABIT. Then on each door we put, The Atomic Health Center. Ruth and Jess Williams, members of the A. .M.M. and our address.

Of course in using it for ~~marketing~~ the advertising of our Association you would need to put some of the more important things we as members stand for like some of the things that are mentioned in our pledge and what the public can expect from a member displaying the A.A.M.M. emblem. In parade of the magnitude of the Sea-fair you would probably like to have decorated float on a truck or a trailer. Here's just an idea, see what you think of it. Have regular massage operators and a table and a subject. And have the Operator being given a massage. Be sure to keep the patient well draped as that is very important. People respond more quickly to things seen rather than read or heard.

Hope you can get something worth while from this and it is something I think all Technicians can use in their own local parades. The more we can bring our work before the general public the more they learn of the clean ethical way the members of the AAMM do our work.

See Pg 47



Editors Note.... At this writing we are pretty sure that the Sea-fair parade is beyond our price limit...After checking with the Greater Seattle Incorporated we find that they want a lot of money spent in decorating "SOMETHING BEAUTIFUL" ---"A THING OF BEAUTY" -- and one of the Local Papers points out that the price of floats is upped and upped. Well the idea can be used as the William's did some time or other, and, we may even have some report the Sea-fair parade this time, even if it is "NEGATIVE". (Niedfelt)

We have tried repeatedly to get report of Spokane Local, and of any meetings they have had--- It hasn't come in yet. We are sorry!

#### Seattle Local Meeting

May 2nd, 1954

By John Murray

The monthly meeting of May 2nd, 1954 was held in rooms of the Swedish Club, on eight ave.

The meeting was called to order by Milton A Niedfelt at 8.00 P.M.

After the usual routine business was taken care of. The annual election of officers for the Seattle Chapter of the A. M. M. was held. The result of that election. John Murray was elected President.

Regina Williams, Vice President and Phillip Janssen, Sec-treas for the coming year. Arthur Mann, Washington State President Administered the oath of office to the new officers.

The high light of the meeting was a very fine constructive talk by Mr. Joe Cates, Physical Therapist, upon the laws of Canada and its provinces, regarding Physical Therapy and one of its branches Massage.

Mr. Cates stated that in the province of British Columbia where he is practicing, The various types of technicians are divided into three groups. The physical Therapist who are university graduates are in group 1. The Physical Therapists who have acquired their education training in other colleges or have studied on their own, with proper clinical back ground, are allowed to take an examination, if it is successful are allowed to become group two.

The Masseurs and Massuses who have passed creditable examinations, often putting in a certain number of required hours in a residential school or college of Massage, (No correspondent school graduates accepted) are given a license to practice, a continued surveillance is kept, to see that no one with out proper qualification shall be allowed to practice in any of the provinces of Canada.

The meeting was adjourned, The members remaining afterward to greet each other, talk shop, and make plans for coming state convention to be held at Vancouver, Washington June 5 & 6, 1954.

The Next meeting of the Seattle Local will be held July 11, 1954 Place to be determined later. It will be interesting.

The City of Seattle sent the Seattle Local a letter greeting Mr. Cates, and this letter was turned over to Mr. Cates. Mr. Cates said he would remember this Seattle meeting for a long, long time..

Mr. Cates gave us a manuscript of his talk, We think it important, and are considering putting it in the national paper the Masseur.

Never pick out your Oranges by the color, pick them out by the weight. If they are ripe they are juicy and weigh more. Citrus fruit is some times dyed.



This paper will accept voluntary contributions valued at \$2.00 per year for subscriptions also cost fees per copy for extra copies from persons NOT PAYING MEMBERSHIP DUES IN THE STATE OF WASHINGTON. Wenatchee Board of Directors meeting instructed the Editors to work out ways to take advertisement to help defray expenses of News.

EDITORIAL  
WE MUST NOT\*\*

Some years ago we had a bad time with the State Inspectors calling upon some of our members, and scaring them "HALF TO DEATH" if not doing any actual harm. Most of our members came through, but one or two were cautioned that "THEY MUST NOT!"

So at this time we are taking in some new members, and our A.A.M.M is growing nicely, and we want our new members to take advantage of some of the things we learned by experience in the way of what we must not do, and some of the things we must do.

Some of our members sell Vitamins and Supplements; Time is here now when you members must renew your Shop-keepers permit. This will cost you \$5.00 and you send your \$5.00 to State of Washington Board of Pharmacy; 309 Douglass Building, Seattle Washington---Do this now before it is too late. It is due on or before June 1, each year---Don't forget after SEPT. 1st there is a \$10.00 penalty.

Another thing we must not forget. Don't try to be a Chiropractor. Some of our members from time to time forget that the Chiropractors spend a lot of money learning to be chiropractors, and they don't like it. The Medical men don't permit Massage Technicians to do Chiropractic work, and if the State Inspectors catch you trying to be a chiropractor--- Well our A.A.M.M. can't do very much about it, and you can't either. So don't try it--- You would also be subject to expulsion from the A.A.M.M.

It might be saying the thing over again, but don't put a Chiropractors Diploma in sight unless you have a Chiropractors State License to go with it, and then you won't belong to the A.A.M.M. anyhow---If you have such a diploma it would be wise if you put it in ESCROW with the State Secretary of our Washington Chapter, Then we know you won't use it.

Don't have a chiropractor's adjusting table in your place as you may be tempted to use it--- And if you don't have it around then you won't be tempted--- It might be O.K. if some of your patients call you "Doc" or "Doctor" as a remark of courtesy, or honor or distinction, but don't you do it yourself particularly in any literature that you may put out, unless you do have a doctors degree as a Doctor of Divinity, or some other kind--- When speaking to a person don't use Chiropractic words---don't say "We cure or adjust" it is against Washington Law.

If you are a trained nurse, also and have your papers, you might use a Hypo; but we don't advise it. Others may not do what a nurse does, sometimes. ---- There may be a lot of other things we should warn you against, but lets be GOOD MASSAGE TECHNICIANS, lets don't try to be something we are not, and then we can be better prepared to stay out of trouble, and gain recognition, which means a lot of Help (Niedfelt)



17 14  
This paper has been informed that Mr. C.A. Taylor of Bx 98 Dundee Oregon, has been elected as State Secretary-treasurer for the State of Oregon.

According to the Seattle Times of May 18th, 1954 Initiative 188-- the so-called Chiropractic measure has 100,000 signatures and will have a place on the ballot.

Ermel Rothgeb of Winthrop Washington has sent in a very nice article but we can't use it at the moment, but we will hold it for a backlog and will use it pretty soon. Thanks Ermel.

We wish to greet, and congratulate two new members our Washington State A.A.M.M. has taken in since we last went to press. They are Mr. Stewart T. Piper, P.O. Bx 426 Monroe Washington--- and Mr. William W Perkins, 1435 First St, Port Angeles Washington. --- And we hope to see them at our Vancouver Convention, and at our local meetings.

MONEY TALKS; To date we have received money from two different people, widely scattered, indicating that they appreciate the A.A.M.M. News. These are people who do not pay dues in Washington State Treasury.... Lets us thank these people for their great interest.

M-E-E-T-I-N-G

N-O-T-I-C-E

All members of Board of Directors

REMEMBER: Friday Evening June 4th, at the Dinner table in the Evergreen hotel, Vancouver Washington will be the Board of Directors meeting to decide any last minute questions about the Convention. All Board members are requested to be there 6:00 P.M. Arthur Mann, State President.

#### MORE ABOUT PICNIC

At our meeting in the Swedish hall, Mrs. Bertha Reager, of gracious State Vice President, invited us all to have a picnic, at her place in Orting Washington--- It was decided to bring the matter up at our State Convention in Vancouver, where every body could decide WHEN.

#### WATER THERAPY

By

Blossom Gladys Hendrix  
818 Filmore St Port Townsend Wn.

I have read with great satisfaction Mr. Canaday's article on Hydro-therapy. I am a firm believer in the therapy he practices. I feel that Scientific Swedish Massage and Hydro-therapy should always go together, like ham and eggs. A treatment is only half completed without the other. I am also in favor of the reclining type vapor or heat cabinet and I prefer the rock steam bath over the wet steam room, to induce copious perspiration.

The basis of Hydro-therapy is water--the greatest paradox of them all. We use water to produce heat, we use water to cool--What's the answer. Temperature. Water is a great destroyer, when it comes in floods, a great benefactor when man is thirsty. Water is priceless when it is scarce and cheap when plentiful.

Water the sedative. Water the Stimulant, Water to reduce fever, Water never the less.

The curative powers of water are innumerable. Lets consider some of them.

As a Sedative, The soothing effect of a bath at 100° F is valuable in the treatment of insomnia. The person should be submerged



except the head in water from 98° to 100° F for about twenty minutes average, on leaving the bath, dry the body and get into bed to prevent chilling. Sweating must be prevented, as this will cause the sedative action to be lost

2. As a Stimulant, How can a physical agent have two opposite effects? Because water acts as a medium for conveying different temperatures to the skin. The difference between the temperature of the skin and the temperature of the water governs the action of the water on the body. In the treatment of fainting, the throwing of cold water on the face is preferred to any other stimulant. The key to this paradox is temperature.

3. As a Diuretic for internal excretion. A diuretic is an agent which increases the flow of urine. Nothing takes the place of water for the purpose. Irritation of the Kidneys is the result of a lack of sufficient water supply. Water is necessary for the solution of the waste products of the body and this transportation by the blood to the kidneys. Most people would be in better health if they drank at least two glasses of water between meals.

4. As a Diaphoretic for external excretion. A diaphoretic is an agent that causes an increase in sweating. Next to the kidneys the skin of man is the most important channel for the elimination of water from the body. The salt excreted in the sweat may amount to ten times that normally in the stools. The sweat also contains other Chemicals occurring normally in the urine. This is why hydro-therapy is important and the inducing of perspiration important by the steam and vapor baths in the treatment of kidney conditions.

5. As an Emitic. To empty the stomach. Drinking large amounts of tepid water is a simple method.

6. As a purgative. As a purgative. The action of an enema or colon irrigation technique is familiar to all. No Cathartic should ever be given where there is severe abdominal pain, but an enema of soap and water may be given and call a physician immediately if pain is not relieved. Purgatives by mouth are dangerous in acute appendicitis.

7. To reduce fever. There are many drugs sold to reduce fever but none are as safe as water, using a friction bath with water temperature at 85° every two hours, if the patient is awake, reducing the temperature 5° each time until 70° F is reached.

8. To Produce fever. Again we find water producing opposite effects In one case reducing and in the other producing fever. One of the physical therapists, as well as the hydro-therapist methods of treating disease is the production of fever by immersing the patient in the bath tub or whirlpool bath preferred, with water at 110° F for from ten to twenty minutes his temperature will rise to 104°. This Treatment however, must only be carried out by an experienced therapist

9. As an aid to exercise weak muscles. Water is invaluable to exercise weak muscles after infantile paralysis, nerve injuries, Chronic rheumatism, fracture convalescents etc. Water buoys up the affected limbs and enables weak muscles to move a limb when muscles could not possibly move it if it had to move the whole weight of the leg, Thus applying one of the oldest principles of physics. This method is used in many hospitals and physical therapy clinics.

10. As an aid to circulation of the blood. Heat applied generally by hot baths whether in the form of vapor steam, hot tub or whirlpool baths will increase the circulation in the entire body, and particularly in the joints of rheumatic and arthritic patients.

Baths may be applied generally or locally. The part to be treated is immersed in water as hot as can be comfortable, which is from 105° to 110° F. for from ten to twenty minutes.



Pg 51

Water is a combination of Hydrogen and Oxygen, but to the technician it is a combination of a number of opposites.

The enumeration of some of the beneficial effects of water indicate that water is the best medicine known to man.

By Blossom Gladys Hendrix.

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By Mr. D.S. Carlson  
National Secty-treas

May 19, 1954; The visit of our National Secty-Treas, to Florida State Massage Association convention held in Jacksonville May 1st, seems to have been fruitful, as a number of new applications for membership have been sent in from that state to the National office.

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(later--STA. KVAN)

ON R-A-D-I-O !!!!!

E.V.A.N. Vancouver.

Mrs. Della Sumner, Chairman of our Convention Arrangement Committee told us that Mr. Mann, our Washington State President will be on the Radio at Noon Saturday June 5th, on a Vancouver Radio Station; We do not have the information available which station it will be, but for the families and patrons who would like to hear our State president present our Association over the Air, it should not be hard to find, or call your local radio station for the information.

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**10-AM START**

According to Mrs. Sumner, our Arrangement Committee Chairman, It will be very, very necessary that every member that attends to our A.A.M.M. Convention the first day will be in their seat, and come to order promptly at 10:00 A.M.--- The Saturday Morning meeting must open promptly at 10:00 A.M. and the gavel sound at that time OR ELSE, the things she has prepared for us will be spoiled. The Mayor of Vancouver, and others will be there, and they must not wait on us. Their time is very important.

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ANOTHER NEW MEMBER. This time in Seattle---Mrs. Marie Stone has sent in her application to join our A.A.M.M. Her address is 4518--6th N.E.--- She said she would attend our convention in Vancouver

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#### THAT PARTICULAR LETTER

Recently we all received in the mail a letter from a lady, who among other things accuses us of selling out to the Medical Association. She points to the experiences of other groups and their experiences with the M.D.'s and sets forth her efforts to oppose the Medicoes.

Personally I found nothing new in her remarks about the controversies of other groups and the Medical Doctors. The part to which I took exception being her statement that we had sold out to the Medical men. The lady seemed to have gotten her impression from an article written by the Medical Association and published in our May issue of this paper, what she did not see or read was the article written by the Chiropractors and published in the February issue. Further she does not seem to know that it is not the policy of this paper to take sides in any struggle not our own and in such cases we print both sides and leave it to the intelligence of our reader members to come to their own decision as to the right or wrong of either parties to the controversy. Both of these articles were concerning the proposed Initiative No. 188.



I have not let this incident pass without notice, I think any one like this lady has a right to her own opinions and the right to express them but I take issue with any one when they make unfounded charges and impugn the motives and honesty of others without first making sure of facts in the matter.

This paper, while we have the duty of putting it out each month, will follow the policy of printing both sides of any issue of a controversial nature and will do our best to confine our selves to the task of getting the facts and presenting them as information leaving the deciding of the issue to our membership. We felt that the best way of presenting the Initiative No.188 was to ask each side to present their sides of the matter and that is the way we will handle such things in the future.

We are looking forward to seeing our many members at Vancouver. We hope it will be a good convention. This paper wishes to commend Mrs. Sumner for her courage and resourcefulness in attempting to put on this convention almost single handed. For her sake I hope there will be a good turn out. Our friends from Oregon are expected to hold their convention at the same time, and will banquet with us. This paper extends the best wishes of the Washington Chapter for a fine convention of the Oregon people. May they prosper and experience every good thing. Thanks and best wishes--- Your Editor

Arthur Dunbar...

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Get those Applications signed!!!

Sitting still and listning

Makes no Person Great

The good Lord sends the fishing

But you must dig the bait.

Roosevelt American.

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#### The Way NOT to print a Newspaper!

1. Don't print any advertisement, it might cost some one something.
2. Don't print anything about anybody except those in your profession as they may get angry and retaliate.
3. Don't print anything controversial, it is just a waste of time.
4. Don't print anything about your friends, they will just think it flattery.
5. Don't print anything against your enemy, they may sue you.
6. Don't print the scandal, that shows lack of intelligence.
7. Don't print jokes, your public will think you are frivolous and insincere.
8. Don't print copy from other papers, everyone is supposed to have seen that.
9. Don't print the new things, they will think the Editor is cracked.
10. DON'T PRINT--- and you don't have an organization.

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#### PLATO SAID!

" The penalty good men pay for not being interested in Public affairs is to be ruled by evil men.".... REMEMBER TO COME TO THE CONVENTION.

End.